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# THE SHAPING OF THE STRIP

NO. 1 CBS KEEPS ITS SEASON SIMPLE WITH  
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CALGARY

# metro

Tuesday, July 31, 2012



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## SWEET SCORE!

Canada's Kim Smith reacts to the score during the second half of a preliminary women's basketball game against Great Britain at the 2012 Summer Olympics on Monday in London. Canada won the game 73-65. See story, page 23.

ERIC GAV/THE ASSOCIATED PRESS

# City puts the brakes on new food trucks

**Numbers.** There are currently 34 licensed food trucks, with 10 applications on file



**KATIE  
TURNER**  
katie.turner@metronews.ca

Potential food truck owners will likely be shown the stop sign until the spring as the city puts a halt on new applications for the remainder of the pilot project.

Since food trucks launched nearly one year ago, the number of trucks has grown from

10 in the first two phases, to 34, with 10 more applications filed. It was estimated 30 would take part in the pilot project.

"The pilot is going really well," said Mayor Naheed Nenshi, whose office spearheaded the program. "What we have learned, however, is that there's been so much demand for this that it's shown, as we knew it would, a few of the growing pains of the program."

Nenshi issued a memo to those in the industry notifying them of the cap — something James Boettcher of YYCFood-Trucks said he supports.

"There's more people and a little less space to operate on the street," said Boettcher.

"As much as we didn't want to restrict it ... right now we're getting problems with infractions."

Ryan Wright of the recently-launched Avatara food truck said he hopes this bump in the road doesn't hinder plans to launch more Avatara trucks in the future.

"We're definitely glad we made it under the wire," he said.

Phase four of the pilot project ends March 31, and will be evaluated by council at that point.

Follow Katie Turner on  
Twitter @Metro\_Katie



## Racetrack for \$30M?

New motorsports park could be a part of a \$200-million development featuring the largest road course in Western Canada PAGE 4

## Colo. suspect charged

Accused in theatre shooting rampage has been charged with 24 counts of murder and 116 counts of attempted murder PAGE 5

## Just add edamame

Soya beans are a great source of protein and fibre PAGE 13



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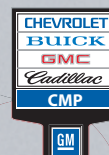


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16-year-old victim



Acting Staff Sgt. Ryan Jepson, with the CPS Sex Crimes Unit, speaks about Sunday's attack.

## Cops search for suspect in alleged southeast sex assault

Police are looking for a man who allegedly sexually assaulted a 16-year-old girl Sunday morning in the southeast.

The attack happened near a bus shelter near 36 Street and 30 Avenue southeast around 12:40 a.m.

Police say the girl was walking alone in the area when she noticed a man following her. After she let the man pass, the teen was attacked when he lunged at her from a bus shelter, pushing her to the ground and then fleeing on foot through the trees.

"It was a crime of opportunity for him," said Acting Staff Sgt. Ryan Jepson, with the CPS Sex Crimes Unit.

The suspect is described as Caucasian, 20 to 30 years old, and six feet tall with a slim build.

He was wearing a black baseball cap pulled over his face, black jacket and baggy black pants tucked into combat-style boots.

Police do not believe this incident is connected to the recent string of sex-related incidents that have occurred in Erin Woods.

Anyone with information is asked to contact Crime Stoppers.

CANDICE WARD/FOR METRO

## Footage found. Suspect sought in CTrain groping

Police are seeking a suspect who allegedly groped a woman on a CTrain earlier this month.

Around 2 a.m. on July 13, police say a woman was waiting for the train at the 3rd Street S.W. station when a man approached her and began to verbally harass her, with the situation escalating to the suspect allegedly grabbing the woman's breast. The man fled, but surveillance footage of the incident and pictures of a possible suspect have been obtained by police. Those with



Surveillance footage of a possible groping suspect.

information are asked to call 1-800-222-8477. METRO

## Casting. Big Brother heads to Calgary in September

Calling on all extroverted Canadians who aren't precious about their privacy.

Shaw Media and Insight Productions plan to hold a nation-wide open casting call for the inaugural season of the reality series Big Brother Canada this fall.

Based on the long-running hit American show, the program will see people living together in a house outfitted with video cameras that capture their every move.

The house guests will also

compete in challenges and vote each other out until one person wins a grand prize.

Starting this Wednesday, Canadians 19 years and older can apply online to be on the show.

Open casting calls will also be held in several cities, starting Sept. 23 in Vancouver, followed by Calgary, Halifax, Montreal and Toronto.

Big Brother Canada is scheduled to air on Slice in winter 2013.

THE CANADIAN PRESS

# Sister says climbing victim a 'big goofball'

**Investigation.** RCMP have yet to determine what led to 100-metre plunge near Canmore



JEREMY NOLAIS  
jeremy.nola@metronews.ca

Ranjit Sidhu was once inspired by the words of 60 Minutes correspondent Andy Rooney and lived his life accordingly.

"I've learned that everyone wants to live on top of a mountain, but all the happiness and growth occurs while you're climbing it," Rooney said.

The quote was fitting for Sidhu, said his sister, Bal Ravi Sull, because he always took life head-on, but still made time for his favourite pastime: rock climbing.

Unfortunately, the 31-year-old Calgary resident and a co-worker were killed after falling nearly 100 metres from a rock face at Heart Creek Trail near Canmore Sunday.

"He was a big goofball," Sull

### Rappelling incident

- RCMP have learned Ranjit Sidhu and a co-worker were rappelling down a rock face using a single rope when they fell around 4 p.m. Sunday. Investigators are still working to determine whether equipment failed.
- The family of the second victim, who was in her 20s, has requested her name not be released.

said Monday. "We are so overcome with grief right now.... His family was his world."

When not scaling a mountain, Sidhu often strapped himself into a wheelchair for a game of basketball.

In recent years, he had emerged as a star for the Alberta provincial squad, said teammate Martin Hoare. "He worked very hard," Hoare said.

"It's just awful what happened."



Ranjit Sidhu, 31, is seen climbing in this undated photo. He was killed in a fall near Canmore Sunday. FACEBOOK

# 1 NEWS

### Mobile news



Can goat jumping be the next Olympic sport? Scan the code to watch a pint-sized doe jump as high as her hooves will take her.

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Dominic Young with the Rockyview Motorsports Corporation shows off a project proposal for a new racing facility northeast of Airdrie. JEREMY NOLAIS/METRO

## Motorsports park could be part of \$200M project

**Pitch.** User-driven racing facility would be located in 'ideal location,' say proponents



JEREMY NOLAIS  
jeremy.nolais@metronews.ca

Rolling out a new Calgary-area motorsports park will be the first step in what could ultimately lead to a massive development with a price tag in excess of \$200 million, officials said Monday.

Metro first reported last week that a plot northeast of Airdrie is being eyed to develop a replacement facility for Calgary's now-closed Race City Motorsport Park.

Speaking publicly about the proposal for the first time Monday, Rockyview Motorsports Corporation president Dom-

### Future development

- The proposed Rockyview Motorsports Park would occupy 500 acres of a 3,200-acre development being steered by the Calgary Aviation Land Corporation. Future plans call for an executive airport and other industrial and retail areas.

inic Young refused to specify the exact location of the park, but sources have indicated it will be five to 10 kilometres east of Airdrie and just north of Highway 567. "The site has been assessed by experts ... it's an ideal location to build an exciting and challenging road course," Young said.

The initial motorsports park development will cost \$30 million; however, Rocky View development rules will require

that \$37.5 million is secured. Much of the money will come through support from the Calgary racing community, with members buying a founding stake in the park, Young said, but he refused to specify how much had been put into the project to date.

Ryan Ockey with the Motorsports, Arts, Racing, Culture and Sports group, which was tasked with finding a new motorsports park in the Calgary area, said the proposed facility will focus more on users and less on spectators. He believes demand for the facility exists.

"Race City was booked all the time and it was a crappy track, let's face it — it wasn't at the beginning but it had deteriorated over the past 10 years," he said.

Follow Jeremy Nolaïs on Twitter @Metro\_Nolaïs



### Okotoks

**Boy, 15, charged with trafficking cocaine**

Okotoks RCMP have arrested and charged a 15-year-old male with trafficking cocaine.

According to police, on July 27, the young man was charged with possession of a controlled substance, possession of property obtained by crime, and failing to comply with conditions of a recognizance, along with trafficking.

Police also arrested three people and found a small amount of cocaine and cash. Charges of possession of cocaine are pending. **METRO**

**4.4% hike. Taxi fare jump approved by council, will come into effect Oct. 1**

Council has given the green light to hiking taxi fares by 4.4 per cent this fall.

The final rubber stamp was given by aldermen on Monday after the Taxi and Limousine Advisory Committee (TLAC) advocated for an increase to offset rising operating costs.

Council also approved mandatory security cameras in all taxis, but according to officials, 75 per cent of taxis are already outfitted with cameras.

The 4.4 per cent hike — roughly an 80-cent jump on a 10-kilometre ride — will come into effect Oct. 1. **METRO**



Taxi fares will increase this fall. METRO FILE



# Shooting suspect slapped with 24 murder raps

**Mental state.** Legal experts say it's not a question of guilt, but whether or not James Holmes is insane

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that once again opened a national debate over guns. Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys. Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured.

Holmes also faces one count of possession of explosives. After his arrest outside the theatre, police said they found his apartment was booby trapped.



Victims are helped by an advocate, left, as they arrive for an arraignment for suspected theatre shooter James Holmes in Centennial, Colo., on Monday. Holmes has been charged in the shooting at the Aurora theatre on July 20 that killed 12 people and injured more than 50. ED ANDRIESKI/THE ASSOCIATED PRESS

On Friday, court papers revealed that Holmes was seeing a psychiatrist at the university. But they did not say how long he was seeing Dr. Lynne Fenton and if it was for a mental illness. An online resumé listed schizophrenia as one of her research interests.

Under Colorado law, defendants are not liable for their acts if their minds are so "diseased" that they cannot distinguish between right and wrong.

THE ASSOCIATED PRESS

## Why 24 charges?



James Holmes faces two counts for each victim — murder with deliberation and murder with extreme indifference. Both carry a maximum death penalty upon conviction.

## Stay-at-home

### Most new moms take leave: Study

Most Canadian mothers with young children took some type of maternity leave following childbirth, according to a new study.

Statistics Canada said 90 per cent of children between the ages of one and three living outside Quebec had working mothers who temporarily left their jobs after giving birth.

THE CANADIAN PRESS

## Gooney getaway

### Thief had sticky fingers

Around 500,000 bees, as much as 3,600 kilograms of honey and 100 hive frames have vanished from a remote property east of Vancouver. Total value of the brazen bee burglary is estimated at \$100,000.

THE CANADIAN PRESS

# Distracted walking grows step by step

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head down, listening to music, or playing a video game. The problem isn't as widely discussed as distracted driving, but safety experts say the danger is real.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly under-reported. There has been a spike in pedestrians killed and injured in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Akins, deputy executive director of the Governors Highway

## On the web



Surveillance footage caught a distracted walker in Philadelphia fall on train tracks. Scan the code or visit metronews.ca for the video.

Safety Association, which represents U.S. highway safety offices.

State and local officials are struggling to figure out how to respond, and in some cases asking how far government should go in trying to protect people from themselves.

THE ASSOCIATED PRESS



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## Apple, Samsung spar over patents

**Court case.** Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

Cupertino-based Apple is demanding \$2.5 billion US in damages, an award that would dwarf the largest pat-

### Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

ent-related verdict to date.

Samsung countered that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

A jury of 10 people will be picked from a pool of dozens, and opening statements could start late Monday or early Tuesday in a trial expected to last more

than a month.

The case is just the latest skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the United Kingdom and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning \$219 billion market for smartphones and computer tablets.

U.S. District Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the upcoming trial, though the judge barred Apple attorneys from telling the jurors about the ban.

Legal observers say it's rare that a patent battle with so much at stake doesn't settle short of a trial. Court-ordered mediation sessions attended by Apple's chief executive Tim Cook and

high-ranking Samsung officials failed to resolve the legal squabble, leading to a highly technical trial of mostly expert witnesses opining on patent laws and technology. Cook is not on the witness list and is not expected to testify.

THE ASSOCIATED PRESS

### Market Minute



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**Natural gas:** \$ 3.214 US (+0.1¢)  
**Dow Jones:** 13,073.71 (-2.65)

### Currency

#### Penny receives brief reprieve

The penny, its death sentence pronounced for fall in the federal budget, now will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

Retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season. THE CANADIAN PRESS

### Online video

#### Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable. Netflix notified customers of the policy change in an email Monday.

TORSTAR NEWS SERVICE

### Media

#### Black sees potential in newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that he may re-enter the industry. "There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected newspaper," Black told The Huffington Post Canada editorial board.

THE CANADIAN PRESS

### Hacking

#### Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about 8 million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes. THE ASSOCIATED PRESS

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Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, arrives for a news conference where he voiced his opposition to the Enbridge Northern Gateway pipeline in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

# Pipeline not in Canada's best interest, former minister says

**Activists.** Fight against project could include native blockades, Grand Chief Stewart Phillip warns

A former federal environment minister has taken aim at the proposed Northern Gateway

pipeline, arguing the project is not in Canada's best interest and that Enbridge is the least trustworthy company to get the job done.

But David Anderson did not agree with his aboriginal and environmentalist counterparts' harsh words for the position taken by B.C.'s premier, instead saying Christy Clark is playing her

cards right.

Last week, Clark walked out of talks at an annual premiers' meeting, declaring Alberta must negotiate sharing economic benefits before she even considers supporting the project.

Both Clark and opponents of the pipeline agree Alberta stands to gain the lion's share of economic benefits while

B.C. takes on most of the environmental risks.

But Grand Chief Stewart Phillip, who heads the Union of B.C. Indian Chiefs, says Clark needs to know that no amount of money will sway activists' opposition and that a fight against the project could include native blockades.

THE CANADIAN PRESS

## Enbridge Line 9. Ontario clears proposal to reverse pipeline flow

Enbridge Inc. has been granted conditional approval to ship oil from western Canada through an Ontario pipeline from Sarnia to Hamilton.

But opponents of the \$16.9 million project — who fear it could eventually lead to Ontario being a conduit for oil sands crude — say they're encouraged by some of the restrictions laid down by the energy board.

Enbridge said in a statement that the company is "reviewing the recommendations and will provide a response later this week once the review is complete."

The ruling comes as Enbridge seeks permission to build its big Northern Gateway pipeline to ship oil sands crude through British Columbia.

It has also been beset by spills at pipelines in Michigan and Wisconsin.

Enbridge Line 9 is a 30-inch pipe running between Sarnia and Montreal that currently carries low volumes of

### Public debate

"If Ontario's to be a conduit for tarsand expansion, there should be some public dialogue or public debate."

Albert Koehls, lawyer for Equiterre, one of several environmental groups that appeared before Ontario's energy board

imported oil westward to refineries in Sarnia.

Enbridge has proposed reversing the flow to carry 152,000 barrels of light crude oil a day from western Canada eastward as far as its Westover terminal near Hamilton.

The company also says the reversed pipeline "will be capable of transporting a range of crude oil products."

That raised fears among some groups that the line might be used to ship crude from the oilsands.

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# WHY PUT PRIVATE PAIN IN THE PUBLIC EYE?



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet

grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattinson with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

What does it say about us as a society that we not only have a schadenfreude-esq obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on  
Twitter @MetroSheSays



Insiders are claiming Stewart's public apology was career suicide for the Twilight star, The Huffington Post reported. GETTY IMAGES

# Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

## Fire returns after being relocated

Austin Playfoot, a torch-bearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to its resting position at the stadium.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:



attraction."

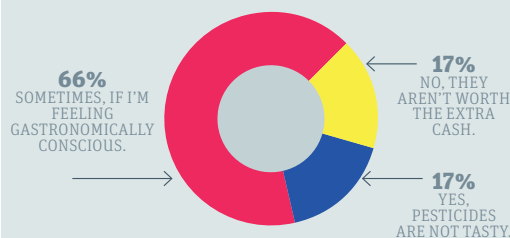
Sebastian Coe, head of the London organizing committee, told the media.

"It was not created to be a tourist attraction."



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## Do you buy organic groceries?



Twitter

@knockyououtgirl:

Jesus Christ it's safer to absorb the radiation from the Fukushima nuclear plant than breathe in the noxious stench on this train. #YYC

suit: LOSE THE BLACK SHOES! #FashionPolice #yyc #StephenAve

@zoeywrites:

The new proposed transit bylaw adds unicycles to the list of bikes you can't bring on the C-Train. Local clowns heartbroken. #yyccc

@vinylburns: Calgary Airport could easily support a disco floor in front of the Starbucks. #YYC #travelmath

@WeebDaCat:

Buddy in the light tan summer

@RunnerGirl48: So this is hell. No sidewalks and every fast food option one can think of. Diesel fumes and choking traffic. Hating the NE in #yyc.



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## DVD reviews



## Le Havre

Director. Aki Kaurismäki

Stars. Andre Wilms, Blondin Miguel, Jean-Pierre Darroussin

Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismäki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blondin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL

## I'm Yours

Director. Leonard Farlinger

Stars. Rossif Sutherland, Karine Vanasse, Don McKellar

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credulity at every quirk-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Streeter disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL

# If it ain't broke don't fix it, says No.1 CBS

**Television Critics Association press tour.** Network head touts first-place success, talks new and returning shows

AMBER RAY

Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: *Elementary*, a modern take on Sherlock Holmes; *Vegas*, about the politics and crime that shaped the Strip in the 1960s; *Made in Jersey*, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy *Partners*.

Regarding the pickup of *Elementary* at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series *Sherlock* and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about *Vegas* and the recent failure of other period dramas on broadcast networks (The Playboys Club, Pan Am) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sher-



The '60s set series Vegas goes beyond nostalgia. HANDOUT



CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

iff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the his-

tory of the city."

Most questions posed to the CBS exec, however, involved returning series.

**On football games running late and pushing back the start time of scripted series such as *The Good Wife*:**

"One of the things we've done going into this season, we're

## How I Met Your Mother

Neil Patrick Harris  
HANDOUT

**Comedy.** One of the biggest questions posed to Tassler was about renewing *How I Met Your Mother* and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling *CSI: Miami* ...

"Saying goodbye to a *CSI* this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to *CSI: New York*:

"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

## On the web



NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Farrell living the simple, boring life

THE WORD  
Monica Weymouth  
scene@metronews.ca

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. "I had burned so many bridges in the film industry that I couldn't get a f—king meeting," the actor tells Men's Health.

You can catch him this weekend in the remake of Total Recall, a role he was



able to land thanks to his fairly healthy new lifestyle.

"I don't put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins," he

tells the magazine. "It's so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with."

Colin, if you want in on our Pier 1-Target double-header this weekend, say the word.



Russell Brand

### Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively.

But who is the one person they didn't offend? Russell Brand. "I don't know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they're nice human beings, so I don't imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job."

Brand told reporters at the TCA panel for Brand X, his cable series. "I don't think we should create a state where people are afraid to talk. That could have much worse consequences."

## Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart's apology for cheating on Robert Pattinson, the Twilight co-stars are reportedly not speaking to each other, according to People magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. "I'm not sure they'll be able to recover from this,"

a source tells the magazine, adding that Pattinson "is heartbroken and angry."

They'll have to face each other soon enough, though, as they're set to be co-presenters at MTV's Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final Twilight film, out in November.

## Twitter



@MissKellyO

its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/ our cultures we would never do that to you



@kirstiealley

we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon.. 1st season no lashes. last seasons big lashes..Night & day



@kathygriffin

Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?



@katyperry

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**Facilitated Information Session - August 2, 2012**

You're invited to join Alberta Environment and Sustainable Resource Development in a facilitated information session where fire managers, scientists and industry representatives will be on hand to discuss FireSmart planning in the Bragg Creek area.

When: August 2, 2012. 6:30 - 9:30 p.m.  
Where: Bragg Creek Community Centre

Information presented at this session will also be available online at [www.esrd.alberta.ca](http://www.esrd.alberta.ca)

**Alberta Government**

3  
LIFE

# Taking the guesswork out of emergency room wait times

**Technology.** Hospitals across Canada are using tools to help patients make informed decisions about making the trip

**CELIA MILNE**  
life@metronews.ca

How long will I have to wait in the Emergency?

The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool.

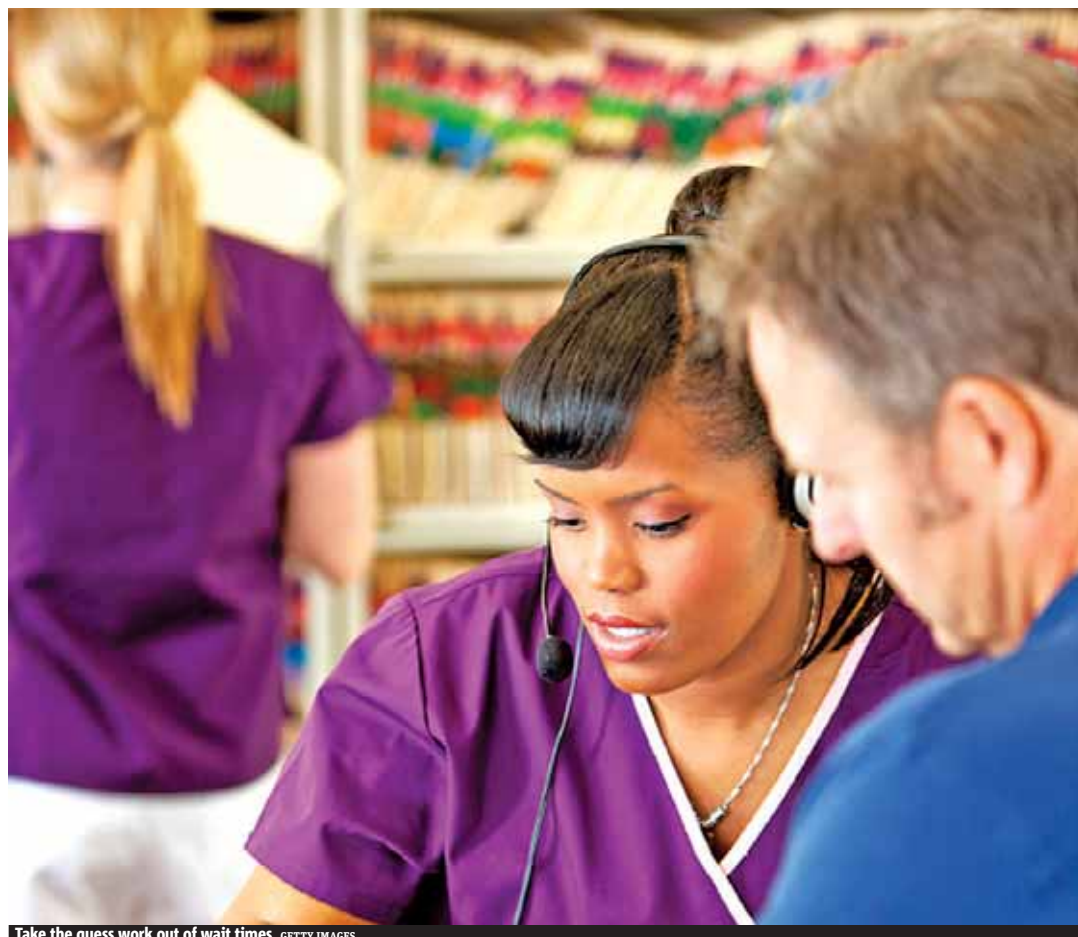
"This helps them plan their lives...whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first.

Those with a life-threatening illness or injury, such as a heart attack or major trauma from a car accident, will always get priority.

Those with less-urgent needs, such as tummy pain or an earache, will have to wait longer. The new tool tells you, with the click of a mouse, the average wait time for those with non-life-threatening problems.

"The time on the clock is



Take the guess work out of wait times. GETTY IMAGES

updated every 20 minutes," says Shilton.

"If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that patients can explore alternatives online. The next step is developing a smart phone App that helps you find the closest emergency depart-

ment, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very helpful if you were in a different city or part of the prov-

ince," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Health-ydebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

#### On the Web



Is keeping life-threatening illness a secret doable in our share-all world?

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# Your fave Japanese appetizer finds its way into tasty salad

## Edamame Salad



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN  
for more, visit  
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water.

### Ingredients

#### Salad

- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

#### Dressing

- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

#### Garnish

- 1 tsp toasted sesame seeds

## Health Solutions

### Best bet beans



NUTRI-BITES  
Theresa Albert, DHN, RNC  
myfriendinfood.com

Recent studies have shown that as little as 1/3 cup of beans can prevent or reduce peripheral artery disease (the first signs of heart disease). Well, if it's that easy...giddy up. Any pulse or dried bean will do but here are a few winners.

### Highest Protein Bean: Soybeans

Choose whole, organic, frozen edamame beans, steam and salt them. Serve them as a snack or appetizer.

### Highest Magnesium Beans: Adzuki Beans

This Japanese bean is worth searching for. It is delicious and ranks

highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

### Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



# The battles of the grill

**Dialogue.** Excerpt from *Shut Up and Eat!* takes humorous look at a conversation that many couples could have this summer

KATHY BUCKWORTH  
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these glib fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — including garbage clean

up, putting the hose away, backwashing the pool, installing some fencing.... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: \*^&\*ng idiot.

Him: I'm ready for those steaks now.

Me: Fabulous. Hope they



need about 45 minutes on the barbecue because that's how long the rest of the dinner is going to take. Hey, who's setting the table?

Him: (Back outside again, stopping only to grab a beer out of the fridge.)

Me: %\$&\*ng idiot. Kids, get in here and set the table and help me husk the corn!

Him: OK, we're almost done.

Me: Stupendous. Just cut my finger with a knife while trying to peel the potatoes because your idiot son used

the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&\$^#ng idiot. Ouch. Crap. Damn.

Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARBONNAX, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHY BUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.



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# EDUCATION BOOM

## CHANGING OF THE GUARD AS BABY BOOMERS RETIRE

Adult education is booming — thanks to the baby boomers.

Bob Cram, executive director of the Centre for Continuing and Distance Education at the University of Saskatchewan, says older workers exiting the workforce have driven up demand for business courses to train their replacements.

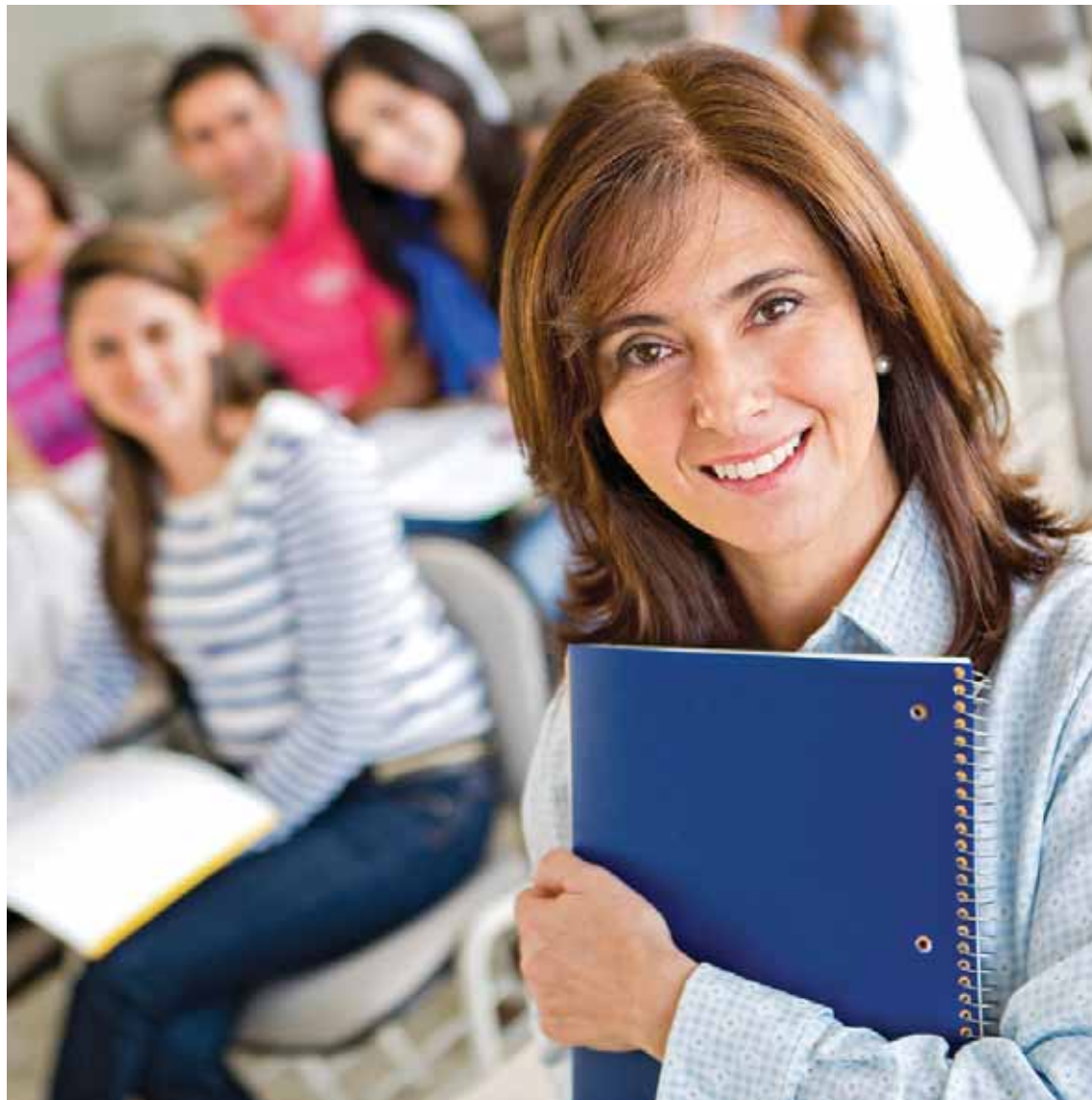
Demand this fall will be high for courses in business, communications skills, writing skills and leadership development, supervisory dealing with difficult people. “All of those courses help you develop skills you can use in your job,” he says.

Many adult learners take skills non-credit courses once a week in 13-week evening classes. He says leadership development and project management are the most popular. Another popular section is graduate programs like an MBA for a businesswoman advancing her career, or a master’s in education for a teacher who wants to become a principal. Public administration and public health degrees are also in demand.

Cram attributes it to a changing of the guard as boomers retire. Those retired boomers also created the second surge in adult education. “Now they want to take courses that are just for fun. For the love of learning,” he says.

They don’t care about getting a degree, but just want a social outing in an educational setting. Many cities have non-profit organizations like the 400-member Saskatoon Seniors Continuing Learning Inc. These groups liaise with their members and their local universities to pick classes on topics like Irish literature, the origins of the First World War, or Prairie geology.

Cram notes you can audit a course, which means you don’t get a credit, but it reduces the cost by half. Seniors can sometimes learn for free. “Typically, it’s after the normal registration period has closed. If there’s space in the class they



ISTOCKPHOTO/THINKSTOCK

can register for free,” he says.

The trend is moving away from that, but it’s worth checking with your registrar. Courses organized specifically by

seniors groups are often only about \$50 anyway.

Cram notes that many of the professional development courses are being

taken online. The University of Saskatchewan saw online enrolment jump 35 per cent in each of the last two years.

— Jon Tattrie

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The leaders of tomorrow are getting a helping hand through a multimillion-dollar fundraising campaign through Athabasca University.

The Open Our World initiative is a \$30-million campaign focused on the future of learning and Athabasca University's role as a leader in that future.

"With the priorities and initiatives targeted through the Open Our World campaign, AU is poised to open the doors to higher education ever wider and create a bright, innovative future for learning," says Pamela Walsh, vice-president advancement Athabasca University.

"By doing things differently — by removing barriers to education through learning opportunities that are available to anyone, anywhere, anytime — AU opens doors to knowledge in novel ways."

The money raised through Open Our World will benefit AU by providing the



ATHABASCA UNIVERSITY PHOTO

best practices in online education.

AU will also make major contributions to the transformation that the post-secondary sector must undergo to meet the needs of today's and tomorrow's learners.

And AU will retain and expand its leadership position in open, online and distance education.

As of May 2012, AU has raised 75 per cent of the \$30-million goal.

Through the generous support of more than 300 donors, contributions received to date have significantly increased the

number of scholarships and bursaries available to students, contributed to the upgrading of the university's science labs and IT infrastructure, supported community initiatives such as the science outreach and learning communities programs, and provided support for faculty research.

"For over 40 years, Athabasca University has proven that it is no ordinary university," says Walsh.

"As a pioneer and a leader in flexible, accessible post-secondary distance education, AU has reached out to hundreds of



ATHABASCA UNIVERSITY PHOTO

thousands of people who might not be able to attend a traditional university, and it has inspired their success, both in learning and in life."

Today, Athabasca University is one of four comprehensive academic and research universities in Alberta and one of the world's foremost open, online and distance education universities.

It offers more than 900 courses in more than 50 undergraduate and graduate degree, diploma and certificate programs.

In 2010-11, AU served almost 40,000 students in more than 90 countries.

For more information about Open Our World, visit [open.athabascau.ca](http://open.athabascau.ca).

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"There are a high range of choices available for those who want to pursue learning in ways that are flexible and convenient to their schedule," says Tricia Donovan, PhD, executive director, eCampusAlberta.

eCampusAlberta is a consortium of 16 publicly funded post-secondary institutions across Alberta, with 15 currently

offering online courses.

"Together, we work to increase access to high quality online learning opportunities for all Albertans," says Donovan.

For many students, balancing school and work, or perhaps other life commitments, can be a difficult task, but online courses at eCampusAlberta can take away some of that stress.

"When we survey students, they tell us that the primary benefits are the flexibility and convenience," says Donovan.

"Many of our learners are working full time and endeavouring to further develop

their skills and/or prepare for a career change."

Donovan also adds that the convenience of online learning should not take away from the level of work required to be successful at online learning.

"Typically, those who are successful in online learning work at being disciplined enough to keep a focus on completing their courses," says Donovan.

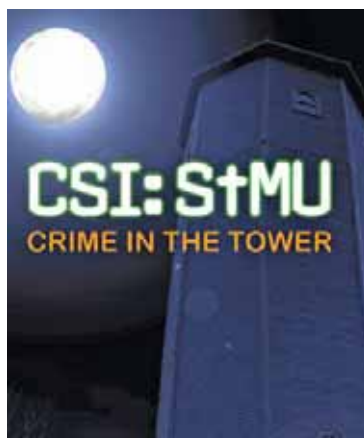
eCampusAlberta offers students a vast range of course offerings, from academic upgrading, business certificates and diplo-



mas, health-care services, early childhood, criminal and protective services, emergency services, and many more.

They currently support more than 700 courses and 68 credentials offered fully online, and offer 24/7 online support.

For more information about the courses available at eCampusAlberta, visit [ecampusalberta.ca](http://ecampusalberta.ca).



ST. MARY'S UNIVERSITY COLLEGE PHOTO

## PUTTING SCIENCE CONCEPTS TO USE TO SOLVE CRIME IN THE TOWER

Most children don't spend their summers solving crimes, but now they can.

For the first time, St. Mary's University College is offering children aged 10 to 12 a chance to work with members of the Calgary Police Service as a part of CSI: StMU — Crime in the Tower.

"The CSI program is a new summer event for students ages 10 to 12 years, who want to participate in crime and science investigation," says Linda Dudar, director of education at St. Mary's. "We see this as a wonderful opportunity for young people."

Building on the success of the Dis-

covering Science program that is held for junior high students, St. Mary's decided to build on the concept and add a different element for younger children.

"CSI: StMU is for young people who love to find ways to find solutions to problems," says Dudar.

Making use of the landmark tower at St. Mary's, camp attendees will solve a crime that has taken place at the tower.

The children will learn how to gather and analyze evidence, track possible suspects, and eventually arrest and assist in sentencing the criminal.

Members of the Calgary Police Service will be on hand to assist the children and help discover what it takes to solve crime.

"This is a playful way of learning and introducing some complex concepts to the children," says Dudar.

Much of what the children will be learning will be tied to a Grade 6 science curriculum.

The camp runs for five days, from Aug. 13-17, from 9 a.m. to noon.

To register your child in this one-of-a-kind camp at St. Mary's, call 403-531-9130, or online at [stmu.ab.ca](http://stmu.ab.ca).



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CARYANNE NASH, GRADUATE,  
HUMAN RESOURCE MANAGEMENT CERTIFICATE

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"One of our courses could spark a new career path or part-time job."

Whether you are young or the young-at-heart, Chinook Learning Services offers hundreds of courses for a wide range of participants from high school age to seniors.

"We want Calgarians to continue their lifelong journey of learning. That's why we offer so many courses for a wide target audience," says Regier.

Chinook Learning Services offers



ISTOCKPHOTO/THINKSTOCK

a wide array of professional development courses such as computer training, interpersonal and workplace skills, and accounting.

"These courses are an excellent way to upgrade your skills, improve your workplace performance and enhance your employability," says Regier.

For those looking for a bit more personal enjoyment, dive into one of the hundreds of art, cooking, or language classes.

There are even programs to enable students to complete high school or to upgrade their marks or improve English language proficiency.

"We believe in friendly and relaxed learning environments, so whatever course you are taking you not only learn something new but you also experience the joy of learning," says Regier.

For more about Chinook Learning Services and the programs available, visit [chinooklearningservices.com](http://chinooklearningservices.com).

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"Almost all of the courses you would take as part of an Academy of Learning diploma or certificate program are available on an individual basis, and the great majority of them can be started at any time, thanks to the flexibility inherent in the Integrated Learning System," says Brady Sylvester, admissions adviser for Academy of Learning.

"For example, if you wanted to learn Microsoft Excel, you could walk into any Academy of Learning campus and be started on your course within minutes."

Whether you are interested in courses in health care, business, IT, accounting, or even web design, there is something at Academy of Learning to help get you started.

"Most Academy of Learning programs start new students every week," says Sylvester.

"People who feel their options are



HEMERA/THINKSTOCK

limited to September start dates should understand that they can begin their career training right away, and they will have a head start on their competition."

The best part is, if you find a program you love, you can start your career training right away with the number of full-time diplomas available and be done in less than a year.

For more information about the Academy of Learning, visit online at [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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# KEEP YOUR EYE ON THE PRIZE

Juggling work, study and personal life can result in a lot of dropped balls, but experts say you can manage to keep all three in the air with a little preparation.

Julie McCarthy, professor of organizational behaviour at the University of Toronto, studies burnt-out students.

She says to avoid crashing, embrace imperfection.

"Often, the successful ones eventually realize there have to be concessions," she says. "It may not be possible to be the top student, top employee and a mother of two."

Good enough may have to do in at least one of the trio if you need to excel in another area. "We don't want them to reach the breaking point, but to achieve balance across the three roles," McCarthy says.

McCarthy's research has identified three common strategies for dealing with conflicting demands for time, attention and energy. One is emotion-focused, where students reach out to family and friends for support during tough times at work and school. The second is problem-focused coping,

where people deal with the task in front of them. The third is avoidance-focused. When the going gets tough, they get going to the movies.

People often think the problem-focused approach is superior, but McCarthy is a fan of avoidance. "You have to recover from daily stress," she explains. "One person may go to the gym, one may read a book, and another may go for a walk."

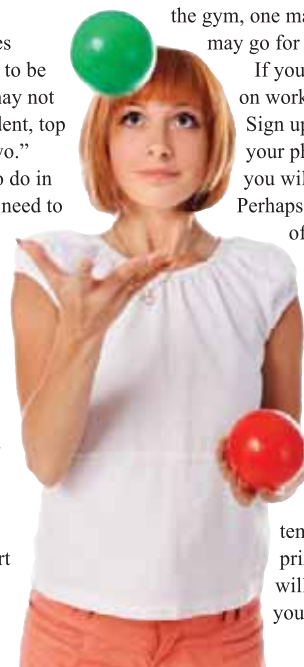
If you hit the treadmill but ruminate on work, try a more engaged activity. Sign up for a martial arts class — if your physical concentration lapses, you will get knocked in the face.

Perhaps the serene physical focus of yoga is more your style, or blasting your favourite songs.

"Half an hour of completely disengaging is going to be better than a longer period of time when you're still stressing about the problems," McCarthy says.

Balance the three as best you can, take good breaks and remember: This is only temporary. Keep your eye on the prize of an enhanced career that will make life better for you and your family. And keep juggling.

— Jon Tattrie





# U OF CALGARY WORKS FOR YOU

## CONTINUING ED CAN HELP BOOST OR SHIFT YOUR CAREER

Continuing education can easily fit into busy lives.

At the University of Calgary, there are a number of continuing education programs to help you establish, boost, or shift your career, and the classes are offered in ways that can work for you.

For Caryanne Nash, a busy working mother, establishing a career path was important.

The mother of three was already working in an office, doing a little bit of everything, when she decided to take a few courses to help with some of her human resource duties.

“At times it was very difficult juggling everything,” says Nash.

“But I think it’s been all the more satisfying because of the challenges.”

Eventually, she chose to credit those courses towards the human resource management certificate program.

Since completing her HR training at the U of C, Nash has changed positions and employers, but still works in HR, in a role she wouldn’t have been able to fill if she hadn’t been an HR management student when she applied.

“If I hadn’t been in the program, they wouldn’t have even considered me for the position,” says Nash.

Continuing education offers courses,



GETTY IMAGES/COMSTOCK/THINKSTOCK

seminars and more than 40 certificate programs in a wide array of interest areas including business and management, adult learning, environmental management, health and safety, human resources, computing and information technology, languages, leadership, marketing, project management, writing, and more.

Courses are offered at the U of C main

and downtown campuses and online.

“Having the mix of online and classroom was great,” says Nash.

“But for me, I still preferred the structured classes. They offered a great opportunity for networking, and since most of the students were in similar situations — working and raising families at the same time — everyone would encourage each other to keep going.”

That’s not to say that Nash didn’t like online courses.

“I absolutely loved the online blackboard system,” she says.

“Technically, it was much easier than I expected, and it was really neat to learn that way.”

To find out if a continuing education program is right for you, attend one of the U of C drop-in information sessions.

- Downtown campus: Sept. 5 at 11:15 a.m., noon, 12:45 p.m., and 1:30 p.m.

- Main campus: Sept. 6 at 5:30 p.m., 6:15 p.m., and 7 p.m.

For more information, visit [conted.ucalgary.ca](http://conted.ucalgary.ca).



Caryanne Nash



U of C student Shenoar in Toronto, ON

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It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

# 100% invested in the stock market? Spread some of that cash out

**Alison's money rule.** Timing the stock exchange to perfection is probably as difficult as winning the lottery



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her

money out of the market, paid deferred sales charge fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide

## In numbers

### 9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

some interest income.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

# How to save \$120K by brown-bagging it



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

Ever wonder what buying your lunch each workday actually costs you over the course of your working career?

According to VISA Canada's July 2012 lunch survey, the average Canadian will spend just less than \$9 on their lunch when eating out. When \$9 per workday is compounded at the rate of inflation, 3.5 per cent, for 40 years, it adds up to a whopping \$180,000!

A brown bag alternative, costs up to \$3 per day or \$60,000 throughout a person's working career when the same calculation is applied. Not only is a brown bag lunch frugal, it's often healthier than purchasing fast foods or lunches that contain unhealthy ingredients.

Simply making lunch at home rather than buying it could save the average Canadian nearly \$120,000.

Imagine what you could do with that kind of dough! Pay off your mortgage, save for your retirement, sail around the world for three years or send your children to top Canadian universities.

If you're concerned about being a social outcast at work because you're

brown bagging it, park that thought.

Encourage your colleagues to pack their lunches by telling them how much they can save too.

Turn it into a game — track each other's progress by throwing the 'would be' lunch money into personalized savings jars that can be deposited into an investment plan once per week. Whoever saves the most wins a free picnic pot luck lunch, hosted by the colleagues that lost the game.

Don't bail on the brown bag alternative even if you're not Chef Gordon Ramsay.

Take 5 minutes on Sunday night to plan out your lunches and then head to your local grocery store. Purchase

## More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie



only what you'll need for the week and ensure you've bought a variety of foods from all the food groups — fruits, veggies, breads, meats, and dairy. Stick with healthy foods that will give you plenty of energy for your busy workday.

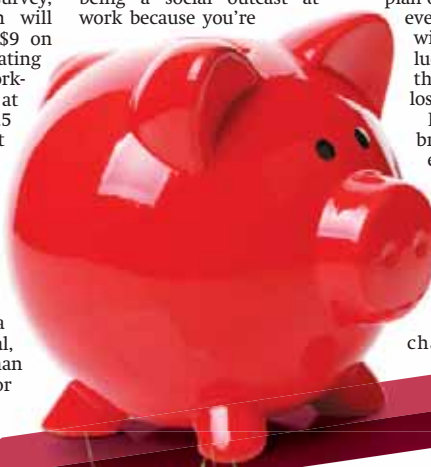
Save big bucks by using coupons at the grocery store, buying locally grown foods and produce that is in season. If you're not great at making salads or sandwiches, cook a bit extra at dinner and take leftovers for lunch.

Rather than unnecessarily ingesting \$120,000, put it towards something you're dreaming



If you're worried about being a social outcast, encourage your colleagues to pack their lunches too. ISTOCK IMAGES

about — a financial goal that builds your bottom line.







Only 35 per cent of Germans even have a credit card. ISTOCK IMAGES

## Germany's cash culture shows aversion to debt

**Tough bailout stance.** Paying cash ensures you don't spend more than you have

Head to the checkout at an Ikea store in Stockholm to pay for your new leather corner sofa and with the swipe of a Visa card it's yours. Don't try that in Berlin — that'll be 1,699 euros (\$2,107 Cdn) up front, please.

It's that financial culture — a deep-seated aversion to debt and an emphasis on responsibility — that makes Chancellor Angela Merkel's hardline approach to solving the European financial crisis so popular in Germany. The attitude shows up in all walks of life, from the daily trip to the store to buying a house.

The economy is so reliant on cash for transactions small and big, a way to ensure you don't spend more than you have, that Germany pushed hard for the 500-euro note to replace its popular 1,000-mark bill when it joined the common currency.

It's one of the largest denomination notes being produced anywhere today, worth around \$620, and is even known in neighbouring France as "the German note." While even dis-

count supermarkets in Germany happily take the big euro bill, very few shops in France will accept it.

Even though Germany is Europe's largest economy and one of its richest per head, it is last in home ownership with just over 40 per cent. That compares to some 80 per cent in troubled European Union countries like Greece, Italy and Spain, and around 70 per cent in Britain and the United States, where owning your own home is part of the "American Dream."

Germans tend to be instinctively averse to taking out a mortgage. And lenders often demand a 20 per cent down payment on a house or substantial collateral. So a culture has sprung up of just renting and holding on to cash.

The German aversion to debt also translates to credit card use — or non-use. Only 36 per cent of Germans

over the age of 15 even possess a card, compared with 62 per cent in the U.S., according to World Bank figures. And even when Germans do have a card, the limit is usually tied to a customer's bank balance and the bill is automatically paid off from the customer's account.

"If I pay with my Visa, then Visa takes it from my account — I don't get any real benefits," said Rainer Hoedt, a Berlin high school teacher.

THE ASSOCIATED PRESS



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Cam Newton celebrates a touchdown against the Tampa Bay Buccaneers on Dec. 24, 2011 in Charlotte, N.C. STREETER LECKA/GETTY IMAGES FILE

## Cam Newton at ease as NFL 'mega-superstar'

**NFL.** In just 15 months, Panthers quarterback has become national celebrity unlike any other for the team

Cam Newton is everywhere these days.

If he's not flying through your television set on "Cam's Night Out" hawking Under Armour gear or sucking down Gatorade and "Winning the Fifth Quarter," chances are you've seen the 23-year-old quarterback featured prominently by the NFL in advertisements for its upcoming preseason games.

And, if not for Calvin Johnson, he'd be on the cover of Madden NFL 13, too.

Charismatic, built like a

### Quoted

**"I'm just working on being great. Everybody wants to win the Super Bowl, but let's worry about today. Tomorrow is not promised."** Cam Newton

Greek god and, above all, incredibly talented, Newton has taken the country by storm since being drafted No. 1 overall last year. As Panthers teammate Jon Beason said, Newton has become "a mega-superstar."

Newton has grabbed the national spotlight after a record-setting season in which he combined for 35 touchdowns and became the first rookie to throw for more than 4,000 yards.

"We haven't had a guy who gets this much attention — ever," said offensive tackle

Jordan Gross, now in his 10th season with the Panthers.

Newton walked onto Wofford College's Gibbs Stadium Sunday night for the first training camp practice before a fired-up crowd of 12,871. Fans wearing his No. 1 jersey were everywhere.

It was the largest crowd ever assembled for a single practice in the 18 summers the Panthers have spent in Spartanburg, according to team spokesman Charlie Dayton.

Call it the Cam factor. And Newton, who has a flare for showmanship, didn't

shy away from attention.

He raced up the field for a 25-yard gain on a play-action fake, veered out of bounds and ran along the inside wall of the stadium pumping his left fist at fans.

Of course, with fame come potential pitfalls.

Newton's coach, Ron Rivera, is aware of that.

That's one of the reasons he pulled Newton aside in February for a private talk, making sure he kept his priorities straight in the off-season.

"The biggest thing he understands is that once we're in the season, it's time to work. And his focus and attention is about what we do. And it is. So I have no problem," Riviera said.

Of the season ahead, Riviera said, "As Cam goes, we go."

THE ASSOCIATED PRESS

### Horse racing

## Strait of Dover done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign with a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the \$500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack in Toronto.

Strait of Dover was generally regarded as the horse to beat in the Breeders' Stakes, the 1.5-mile turf event and final jewel of Canadian racing's Triple Crown. **THE CANADIAN PRESS**

### Golf

## Vegas on a roll at Glen Arbour

Calgary's Stephen Ames promised to be a gracious host before launching his opening drive at the Telus World Skins Game.

Jhonattan Vegas made himself right at home, grabbing five skins and \$85,000 over Monday's front nine at Glen Arbour Golf Course.

The 27-year-old defending champion from Venezuela rolled to the first day lead, followed by Ames, England's Paul Casey and 2009 U.S. Open winner Lucas Glover with one skin each for \$15,000.

THE CANADIAN PRESS

Jhonattan Vegas  
THE CANADIAN PRESS

### NBA

## Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract on March 26, then for the rest of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games.

The six-foot-six, 220-pounder had a season-best 20 points April 26 versus New Jersey.

He averaged 6.7 points, 1.9 rebounds and 18.3 minutes in 70 appearances with Charlotte and Toronto. **THE CANADIAN PRESS**

### Mobile sports



Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to. In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

## MLB. Adam Lind goes on DL with back strain



Adam Lind GETTY IMAGES FILE

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled

from triple-A Las Vegas last month, posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the

second time this season.

In 24 games with Toronto this season, Cooper, 24, from Stockton, Calif., is batting .292 with two home runs and six RBIs.

In Las Vegas, Cooper is batting .314 with 10 home runs, 52 RBI and a team leading 27 doubles.

THE CANADIAN PRESS



# Canadians sidestep Round 1 obstacles

**Tennis.** Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."



Milos Raonic serves at Wimbledon on Monday. RYAN REMIÖRZ/THE CANADIAN PRESS

## Competition rising

The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil won their opening men's doubles match later Monday. They beat Horia Tecau and Adrian Ungur of Romania 6-3, 7-6 (9).

"I'm playing with one of the best doubles players in the world," Pospisil said. "We get fired up and we play some of our best tennis."

THE CANADIAN PRESS



Aleksandra Wozniak returns a shot at Wimbledon Monday.

RYAN REMIÖRZ/THE CANADIAN PRESS



Canada's Shona Thorburn shoots as Britain's Kim Butler, right, and Johannah Leedham defend during a preliminary women's basketball game at the 2012 Summer Olympics Monday in London. ERIC GAY/THE ASSOCIATED PRESS

## Canadians finish strong against Britain

Shona Thorburn scored 18 points to lead Canada to a 73-65 victory over Britain in the women's Olympic basketball tournament on Monday.

Britain has now lost both games in its first Olympics since 1948.

Courtney Pilypaitis and Kim Smith added 11 points each for Canada (1-1), which closed out strong after blowing a 10-point lead late in its opening loss to Russia.

"I felt a lot of things weren't going our way, it wasn't pretty basketball, but we pulled out the win and that's what's important," Thorburn said.

Natalie Stafford and Johannah Leedham had 15 points each for Britain, which led 61-57 late in the fourth quarter. But Thorburn drove to the basket to tie the game at 61-61 with four minutes left

as Canada finished the game on a 16-4 run. Thorburn hit a three-pointer to the burst to put Canada ahead 66-61. She also scored the last three points of the game, all free throws.

Canada got off to a good start defensively in the game, forcing seven turnovers in the first quarter. Thorburn hit a three-pointer at the buzzer to give Canada a 19-15 lead after the first quarter.

Canada went into the half with a 36-32 lead after a back-and-forth second quarter.

After a sloppy third quarter from both teams, Britain went on an early run to take the 61-57 lead with 6:10 left in the game.

Unlike the loss to Russia, Canada was able to battle back and dig themselves out with a late run.

THE ASSOCIATED PRESS

## Social media. Bailey lets Olympic spirit shine on Twitter



Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to the next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!" tweeted Bailey, who set a then-world record time of 9.84 seconds

in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!" Bailey wrote, then later congratulated the No. 25-ranked player in the world on his straight-sets win.

THE CANADIAN PRESS

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# Agnel stealing spotlight in pool

**Swimming.** Big Frenchman cruises to second gold medal in 200-metre free event

Yannick Agnel is turning into a giant-beater. Actually, he is a giant.

At six-foot-five, the Frenchman has used his extra-long frame to dominate on consecutive nights in the Olympic pool.

First came his come-from-behind anchor leg to push ahead of Ryan Lochte and the Americans in the 4x100 free-style relay on Sunday. Then on Monday, Agnel routed a stellar field by nearly two seconds to win the 200 free individual event.

Agnel led from start to finish and clocked one minute,



Yannick Agnel with his gold medal on Monday. THE ASSOCIATED PRESS

43.14 seconds for the best time ever in a textile suit, a whopping 0.72 ahead of Michael Phelps' 2007 mark.

Defending silver medallist Park Tae-hwan of South Korea and 400 free champion Sun

Yang of China shared silver in 1:44.93, while world champion Lochte finished fourth and world-record holder Paul Biedermann of Germany was fifth.

With so many standouts, and despite Phelps' decision not to enter, the event was dubbed the "Race of the Century."

"I had to look twice at the scoreboard to be sure it was the right time. I had a race plan in my head, but this is above my expectations and hopes," Agnel said. "I worked on keeping my speed and putting all my guts into the last 50. I don't know what to say — it worked."

Camille Muffat gave France another gold in the women's 400 free on Sunday and France stands second to the United States in the swimming medals table. THE ASSOCIATED PRESS

## Gymnastics

### China dominant in men's team victory

Their closest rivals were still on the floor competing when the Chinese whipped out five big gold stars and held them up in the shape of their flag.

Why wait?

The Chinese won their second straight Olympic title in men's gymnastics and third in four games in a rout Monday, making

fools of everyone who wrote them off after a dismal performance in qualifying.

"We don't have any faults. That's our secret to beat the Japanese and to beat everyone," Zhang Chenglong said. "In preliminaries, we had a little bit of faults. But tonight was completely perfect."

Well, almost.

It took five minutes and a video review to sort out the silver and bronze medallists after Japan

questioned the score of three-time world champion Kohei Uchimura on pommel horse, the last routine. Japan jumped from fourth to second after judges revised Uchimura's score, bumping Britain down to bronze and Ukraine off the medals podium.

It was the British men's first team medal in a century, and it set off raucous celebrations at the O2 Arena. Even princes William and Harry joined in.

THE ASSOCIATED PRESS

## Day 3 results

### MEDAL STANDINGS

After 38 of 302 total medal events

Nation	G	S	B	Tot
China	9	5	3	17
United States	5	7	5	17
France	3	1	3	7
North Korea	3	0	1	4
Italy	2	4	2	8
South Korea	2	2	2	6
Russia	2	0	3	5
Kazakhstan	2	0	0	2
Japan	1	4	6	11
Australia	1	2	1	4
Romania	1	2	0	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
South Africa	1	0	0	1
Colombia	0	2	0	2
Britain	0	1	2	3
Cuba	0	1	0	1
Germany	0	1	0	1
Mexico	0	1	0	1
Poland	0	1	0	1
Taiwan	0	1	0	1
Thailand	0	1	0	1
Azerbaijan	0	0	1	1
Belgium	0	0	1	1
Canada	0	0	1	1
India	0	0	1	1

### WHAT CANADA DID

Monday at the 2012 London Olympics

#### ARCHERY

**Men's individual 70-metre** — Crispin Duenas, Toronto, was eliminated after losing in the first round to Ahmed El-Nemr of Egypt, 6-2.

#### BADMINTON

**Women's singles** — Michele Li, Toronto, lost her opening-round match to Wang Yihan of China, 21-8, 21-16, and will not advance.

#### BASKETBALL

**Women** — Shona Thorburn, Hamilton, scored 18 points as Canada (1-1) downed Britain, 73-65.

#### BEACH VOLLEYBALL

**Men** — Joshua Binstock of Richmond Hill, Ont., and Martin Reader, Cornox Valley, B.C., lost their round-robin match to Martin Spinnangr and Tarjei Viken Skarland of Norway, 21-14, 21-18.

#### EQUESTRIAN

**Individual eventing** — Jessica Phoenix, Canimington, Ont., is ranked 28th overall following the cross-country event with 57.20 points;

Michelle Mueller, Port Perry, Ont., is 58th (120.20); Peter Barry, Dunham, Que.; Rebecca Howard, Salmon Arm, B.C.; and Hawley Bennett-Awad of Murrayville, B.C. — who was taken to hospital after a fall — were not ranked due to incomplete of course.

**Team eventing** — Canada stands in 12th place after the jump qualifier with 1,177.40 points.

#### FENCING

**Women's individual epee** — Sherraine Schalm, Brooks, Alta., was eliminated after losing in the opening round to Shin A Lam of South Korea, 15-12.

**JUDO Men's 73 kg class** — Nicholas Tritton, Perth, Ont., lost in the opening round to Navruz Jurakobilov of Uzbekistan, by Yuko (non-combativity).

**Women's 57-kg** — Joliane Melancon, Blainville, Que., was defeated by Sabrina Filzmoser, Austria, by Uskiro-kesu-gatame.

#### ROWING

**Men's fours** — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; and Michael Wilkinson, North Vancouver, B.C.) advanced to the semifinals after placing third in their qualifying race in five minutes 50.78 seconds.

**Men's eights** — Canada (Gabe Bergen, 100 Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their repechage heat (5:27.41) and earn a berth in the finals.

#### SAILING

**Men's 49er** — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in ninth place following two races with a score of 19.

**Men's finn** — Greg Douglas, Toronto, stands in 17th place after four races (66).

**Men's laser** — 18. David Wright, Toronto, ranks 18th after two races (33).

**Men's star** — Canada (Richard Clarke, Salt Spring Island, B.C.; and Tyler Bjorn, Beaconsfield, Que.) are in 12th place after four races (40).

**Women's laser radial** — Danielle Dube of Glen Haven, N.S., stands 23rd overall after two runs (43).

#### SHOOTING

**Men's 10-metre air rifle** — Cory Niefer, Saskatoon, placed 46th in qualifying with a score of 581, did not advance.

#### SWIMMING

**Men's 200 butterfly** — David Sharpe, Halifax, placed seventh in his qualifying heat (1:59.87), did not advance.

**Women's 200 individual medley** — Erica Morn-ingstar, Regina, failed to advance after posting a time of 2:14.32 in qualifying.

**Women's 200 freestyle** — Barbara Jordin, Notre-Dame-de-Grace, Que. (1:57.91), and Samantha Cheverton, Lachine, Que. (1:57.98) failed to qualify for the final after placing 10th and 11th overall in the semifinal round.

#### TENNIS

**Men's singles** — Milos Raonic, Thornhill, Ont., won his first-round match over Tatsuma Ito, Japan, 6-3, 6-4.

**Men's doubles** — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, won their opening match over Horia Tecau and Adrian Ungur of Romania, 6-3, 7-6(9).

**Women's singles** — Aleksandra Wozniak, Blainville, Que., downed Marina Erakovic, New Zealand, 6-2, 6-1, and will face Venus Williams of the U.S. in the second round.

#### WEIGHTLIFTING

**Women's sub-57 kilogram class** — Annie Monique, Quebec City, placed 16th overall with a top weight of 190 kilograms.

#### BASKETBALL

##### WOMEN

##### First Round

##### Monday's results

China 83, Croatia 58  
Turkey 61, Czech Republic 57  
France 74, Australia 70  
Russia 69, Brazil 59  
Canada 73 Britain 65  
United States 90, Angola 38

##### CANADA 73, BRITAIN 65

##### Britain

N.Stafford 6-19 2-21 5, R.Anderson 2-42 3-6, S.Collins 1-3 0-0 2, C.Handy 0-10 0-0, J.Wade-Fray 2-7 0-0 5, J.Page 3-5 2-2 8, K.Butter 2-3 0-0 4, J.Leechman 5-14 2-2 15, A.Stewart 2-3 0-0 4, T.Fagbenle 2-5 2-2 6, Totals 25-64 10-11 65

##### Canada

K.Phillips 2-8 2-2 6, T.Gabriele 2-6 0-0 4, S.Thorburn 6-10 3-4 18, C.Pilypaitis 4-8 0-0 11, K.Smith 4-8 2-4 11, M.Ayim 0-0 0-0 0, N.Achona 2-3 0-1 4, L.Murphy 4-7 0-0 9, T.Tatham 1-4 2-2 4, C.Aubry 3-7 0-0 6, Totals 28-61 9-13 73

##### HalfTime—Britain 32, Canada 36, 3-Point goals—

Britain 5-17 (N.Stafford 1-3, S.Collins 0-2, J.Wade-Fray 1-5, J.Leechman 3-7) Canada 8-21 (T.Gabriele 0-1, S.Thorburn 3-7, C.Pilypaitis 3-6, K.Smith 1-4, L.Murphy 1-1, C.Aubry 0-2). **Fouled out**—None. **Rebounds**—Britain 36 (T.Fagbenle 6) Canada 36 (C.Pilypaitis 5, T.Tatham 5). **Assists**—Britain 14 (S.Collins 4) Canada 21 (T.Gabriele 7). **Total Fouls**—Britain 16 Canada 14.

## Tuesday's must-see 3



### Women's team gymnastics

The Canadian women's team will compete in Tuesday's team final, with Brittany Rogers of Coquitlam, B.C., and Elisabeth Black of Halifax, pictured, earning berths in the vault final.

**Time:** 9:30 a.m.

**Channel:** CIV

### Women's soccer

The Canadians face a tough test against Sweden, bronze medalists at last summer's World Cup. A win ensures the Canadians a spot in the quarter-finals.

**Time:** 7:30 a.m.

**Channel:** Sportsnet

**Channel:** Sportsnet



### Women's weightlifting

Christine Girard will try to improve on her fourth-place finish at the 2008 Beijing Games in the women's 63-kilo-gram event. Girard won gold in the event at the 2011 Pan Am Games.

**Time:** 8:30 a.m.

**Channel:** TSN

**Channel:** THE CANADIAN PRESS

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EAST DIVISION

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New York	60	42	.588	—
Baltimore	54	49	.524	6½
Tampa Bay	53	49	.520	7
Toronto	51	50	.505	8½
Boston	52	51	.505	8½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	55	47	.539	—
Detroit	54	49	.524	1½
Cleveland	50	52	.490	5
Minnesota	44	58	.431	11
Kansas City	41	60	.406	13½

WEST DIVISION

	W	L	Pct	GB
Texas	59	42	.584	—
Oakland	55	46	.545	4
Los Angeles	56	47	.544	4
Seattle	47	57	.452	13½

Monday's results

Baltimore 5, N.Y. Yankees 4  
L.A. Angels 15, Texas 8  
Boston 7, Detroit 3  
Minnesota 7, Chicago White Sox 6  
Tampa Bay at Oakland  
Toronto at Seattle

Sunday's results

Detroit 4, Toronto 1  
Baltimore 6, Oakland 1  
Minnesota 5, Cleveland 1  
Tampa Bay 2, L.A. Angels 0  
Seattle 7, Kansas City 6  
Texas 2, Chicago White Sox 0  
Boston 3, N.Y. Yankees 2, 10 innings

Tuesday's games

Baltimore (Tillman 3-1) at N.Y. Yankees (Nova 10-4), 7:05 p.m.  
Detroit (Verlander 11-6) at Boston (Beckett 5-9), 7:10 p.m.  
L.A. Angels (Weaver 13-1) at Texas (D.Holland 7-5), 8:05 p.m.  
Chicago White Sox (Liriano 3-10) at Minnesota (Blackburn 4-6), 8:10 p.m.  
Cleveland (D.Lowe 8-9) at Kansas City (Hochevar 6-9), 8:10 p.m.  
Tampa Bay (Shields 8-7) at Oakland (Milone 9-7), 10:05 p.m.  
Toronto (Laffey 2-1) at Seattle (Vargas 11-7), 10:10 p.m.

Wednesday's games

Baltimore at N.Y. Yankees, 1:05 p.m.  
Chicago White Sox at Minnesota, 1:10 p.m.  
Tampa Bay at Oakland, 3:35 p.m.  
Detroit at Boston, 7:10 p.m.  
L.A. Angels at Texas, 8:05 p.m.  
Cleveland at Kansas City, 8:10 p.m.  
Toronto at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	40	.604	—
Atlanta	58	44	.569	3½
New York	49	53	.480	12½
Miami	47	55	.461	14½
Philadelphia	45	57	.441	16½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	61	41	.598	—
Pittsburgh	58	44	.569	3
St. Louis	54	48	.529	7
Milwaukee	46	56	.451	15
Chicago	43	58	.426	17½
Houston	35	69	.337	27

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	46	.545	—
Los Angeles	56	47	.544	—
Arizona	51	51	.500	4½
San Diego	44	60	.423	12½
Colorado	37	63	.370	17½

Monday's results

Atlanta 8, Miami 2  
San Diego 11, Cincinnati 5  
Chicago Cubs 14, Pittsburgh 4  
Milwaukee 8, Houston 7  
Arizona 4 at L.A. Dodgers  
N.Y. Mets at San Francisco

Sunday's results

Miami 5, San Diego 4, 10 innings  
Atlanta 6, Philadelphia 2  
Houston 9, Pittsburgh 5  
Washington 11, Milwaukee 10, 11 innings  
Chicago Cubs 4, St. Louis 2, 10 innings  
Cincinnati 7, Colorado 2  
L.A. Dodgers 4, San Francisco 0  
N.Y. Mets 5, Arizona 1

Tuesday's games

Philadelphia (Cl.Lee 1-6) at Washington (Strasburg 11-4), 7:05 p.m.  
Miami (Nolasco 8-9) at Atlanta (Medlen 1-1), 7:10 p.m.  
San Diego (Marquis 4-5) at Cincinnati (Bailey 9-6), 7:10 p.m.  
Pittsburgh (A.J.Burnett 12-3) at Chicago Cubs (Dempster 5-5), 8:05 p.m.  
Houston (Keuchel 1-3) at Milwaukee (Gallardo 8-8), 8:10 p.m.  
St. Louis (Lohse 10-2) at Colorado (Francis 3-2), 8:40 p.m.  
Arizona (Miley 11-6) at San Diego (Capuano 10-6), 10:10 p.m.  
N.Y. Mets (Harvey 1-0) at San Francisco (Lincecum 4-11), 10:15 p.m.

Wednesday's games

Houston at Milwaukee, 2:10 p.m.  
Pittsburgh at Chicago Cubs, 2:20 p.m.  
Arizona at L.A. Dodgers, 3:10 p.m.  
Philadelphia at Washington, 7:05 p.m.  
Miami at Atlanta, 7:10 p.m.  
San Diego at Cincinnati, 7:10 p.m.  
St. Louis at Colorado, 8:40 p.m.  
N.Y. Mets at San Francisco, 10:15 p.m.

SUNDAY									
TIGERS 4, BLUE JAYS 1									
Detroit	ab	r	h	bi	Toronto	ab	r	h	bi
AJacks cf	2	0	1	0	RDavis dh	4	1	2	0
Infante cf	4	0	1	0	RRasmus cf	4	0	1	1
McCarr 3b	3	0	0	0	Lawrie 3b	3	0	0	0
Felder 1b	4	0	0	0	Encnc 1b	4	0	1	0
DYang dh	3	1	0	0	Snider lf	4	0	0	0
Raburn lf	4	1	0	0	YEscor ss	3	0	1	0
JhPerrt ss	4	2	2	4	KJhnsn 2b	4	0	1	0
Boesch rf	3	0	0	0	Mathis c	4	0	0	0
DKelly rf	1	0	0	0	Gose rf	4	0	1	0
Laird c	3	0	0	0					
Totals	31	4	5	4	Totals	34	1	7	1
Detroit	030 000 001 4								

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	40	.604	—
Atlanta	58	44	.569	3½
New York	49	53	.480	12½
Miami	47	55	.461	14½
Philadelphia	45	57	.441	16½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	61	41	.598	—
Pittsburgh	58	44	.569	3
St. Louis	54	48	.529	7
Milwaukee	46	56	.451	15
Chicago	43	58	.426	17½
Houston	35	69	.337	27

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	W	L	Pct	GB
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Los Angeles	56	47	.544	—
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L.A. Dodgers 4, San Francisco 0

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Houston (Keuchel 1-3) at Milwaukee (Gallardo 8-8), 8:10 p.m.

St. Louis (Lohse 10-2) at Colorado (Francis 3-2), 8:40 p.m.

Arizona (Miley 11-6) at L.A. Dodgers (Capuano 10-6), 10:10 p.m.

N.Y. Mets (Harvey 1-0) at San Francisco (Lincecum 4-11), 10:15 p.m.

Wednesday's games

Houston at Milwaukee, 2:10 p.m.

Pittsburgh at Chicago Cubs, 2:20 p.m.

Arizona at L.A. Dodgers, 3:10 p.m.

Philadelphia at Washington, 7:05 p.m.

Miami at Atlanta, 7:10 p.m.

San Diego at Cincinnati, 7:10 p.m.

St. Louis at Colorado, 8:40 p.m.

N.Y. Mets at San Francisco, 10:15 p.m.

TENNIS									
ATP-WTA									
CITI OPEN									
At Washington									
Singles									
Men									
First Round									
Leonardo Mayer, Argentina, def. Guillermo Garcia-Lopez, Spain, 7-6 (5), 7-6 (8).									
Women									
First Round									
Johanna Larsson, Sweden, def. Patricia Mayr-Achleitner, Austria, 6-1, 6-3.									
Olga Govortsova (8), Belarus, def. Karolina Pliskova, Czech Republic, 6-2, 6-2.									
Edina Gallovits-Hall, Romania, def. Barbora Zachlavova Strycova (5), Czech Republic, 7-5, 4-6, 6-3.									
CoCo Vandeweghe (7), United States, def. Erika Sema, Japan, 6-4, 6-1.									
Magdalena Rybarikova, Slovakia, def. Chanelle Scheepers (2), South Africa, 6-2, 6-1.									
Melinda Czink, Hungary, def. Anna Chakvetadze, Russia, 7-6 (4), 6-2.									
Doubles									
Women									
First Round									
Shuko Aoyama, Japan, and Chang Kai-chen, Taiwan, def. Simone Kalthorn and Alessandra Parra, United States, 6-0, 6-2.									
CFL									
EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Hamilton	5	3	2	0	162	167	6		
Toronto	5	3	2	0	129	133	6		
Montreal	5	2	3	0	128	162	4		
Winnipeg	5	1	4	0	101	163	2		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Saskatchewan	5	3	2	0	155	113	6		
B.C.	5	3	2	0	140	110	6		
Edmonton	5	3	2	0	101	79	6		
Calgary	5	2	3	0	155	154	4		
WEEK SIX									
Byes: Calgary, Edmonton, Hamilton, Saskatchewan									
Friday's game									
Montreal at Winnipeg, 8:30 p.m.									
Monday, Aug. 6									
B.C. at Toronto, 5 p.m.									
WEEK SEVEN									
Byes: B.C., Montreal, Toronto, Winnipeg									
Thursday, Aug. 9									
Calgary at Hamilton, 7 p.m.									
Friday, Aug. 10									
Saskatchewan at Edmonton, 9:30 p.m.									
SCORING LEADERS									
	TD	C	FG	S	Pts				
Milo, Sask	0	16	11	6	55				
McCallum, BC	0	14	13	1	54				
Paredes, Cal	0	14	11	0	47				
Whitey, Mtl	0	12	10	1	43				
Phardy, Wpg	0	6	12	0	42				
Shaw, Edm	0	8	10	1	39				
x-Lewis, Cal	x	2	0	0	38				
Cong, Ham	0	19	6	1	38				
Prefontaine, Tor	0	5	10	2	37				
Shields, Sask	6	0	0	0	36				
C.Williams, Ham	6	0	0	0	36				
Walker, Ham	6	0	0	0	36				
Boyd, Tor	4	0	0	0	24				
Dressler, Sask	4	0	0	0	24				
Harris, BC	4	0	0	0	24				
Williams, Wpg	4	0	0	0	24				
Whitaker, Mtl	4	0	0	0	24				
Charles, Edm	3	0	0	0	18				
Cornish, Cal	3	0	0	0	18				



## Horoscopes

### Aries

**March 21 - April 20**

The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

### Taurus

**April 21 - May 21**

Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

### Gemini

**May 22 - June 21**

Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

### Cancer

**June 22 - July 23**

You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

### Leo

**July 24 - Aug. 23**

Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

### Virgo

**Aug. 24 - Sept. 23**

You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned to a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

### Libra

**Sept. 24 - Oct. 23**

Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

### Scorpio

**Oct. 24 - Nov. 22**

Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

### Sagittarius

**Nov. 23 - Dec. 21**

Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

### Capricorn

**Dec. 22 - Jan. 20**

Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

### Aquarius

**Jan. 21 - Feb. 19**

You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

### Pisces

**Feb. 20 - March 20**

Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

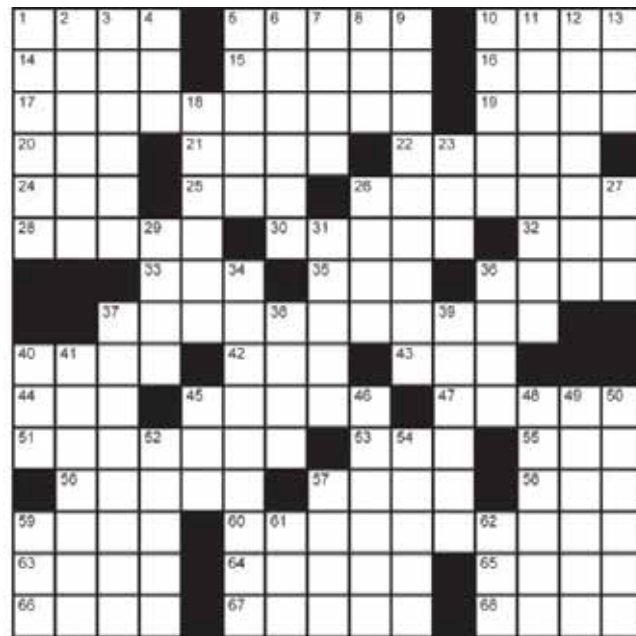
## Crossword: Canadian Entertainers

### Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. \_\_\_ day: vitamin bottle recommendation
15. "Rice-\_\_\_", the San Francisco treat
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not \_\_\_ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. \_\_\_ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. \_\_\_ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. \_\_\_ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as \_\_\_?"
43. Dog command
44. "... or so \_\_\_ heard"
45. Biting wit
47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I \_\_\_ You, Babe": Sonny and Cher hit
59. "They're \_\_\_ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I \_\_\_!": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

### Down

1. Depressing
2. \_\_\_ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Movie-makers
10. Unseeing
11. Crazy
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress \_\_\_ Dawn Chong
26. Scotch ingredient
27. Unhappy
29. Winnipeg-born Douglas, Hal's 2001 voice
31. "Don't \_\_\_": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayed on *Star Trek*
50. Perfume holder
52. Canada's \_\_\_ Max
54. "\_\_\_ the best of times..."
57. Close relationships
59. Wide wonder
61. "Act your \_\_\_!"
62. Actress Lupino



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## Yesterday's crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 22°  
MIN: 13°

### WEDNESDAY



MAX: 24°  
MIN: 12°

### THURSDAY



MAX: 16°  
MIN: 12°



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2 with pedals.  
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and bound for London 2012.

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2012 Canadian Olympic Hopeful

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